



6

ways to stay clean,
from your head to your toes.



1. Take care of your teeth

Dental hygiene is the practice of keeping your mouth, teeth and gums clean and healthy to help prevent disease. Dental hygiene and oral health are often taken for granted. But they are a necessary part of our everyday lives.

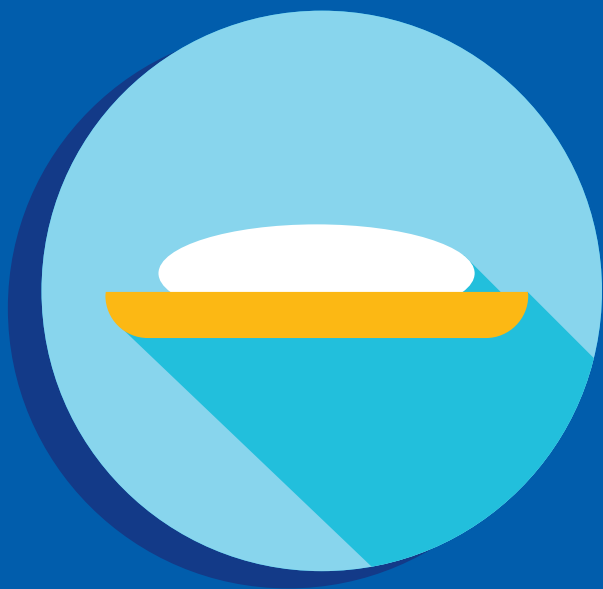
By keeping your mouth healthy, you can help lower your risk for gum disease and live a healthier life.

- Brush at least twice a day using a fluoride toothpaste.
- Use a soft-bristled toothbrush. It's easier on your gums.
- Gently floss your teeth once a day.
- Brushing your tongue helps remove bacteria and freshens your breath.

2. Wash your hands.

Washing your hands and keeping them clean will help protect yourself from illnesses spread by other people through personal contact or unclean surfaces. Wash your hands often. That includes after using the bathroom, when making or eating food and after you touch your own nose or mouth.

- Make a lather in your palms with soap and water. Remember to get the back of your hands and around your fingers and nails.
- Wash your hands for 20 seconds.
- If you can't wash with soap and water, use an alcohol-based sanitizer.



3.

Keep your body clean.

It's important to take a shower or bath every day. Getting the dirt and bacteria off of your body helps keep you smelling fresh and clean.

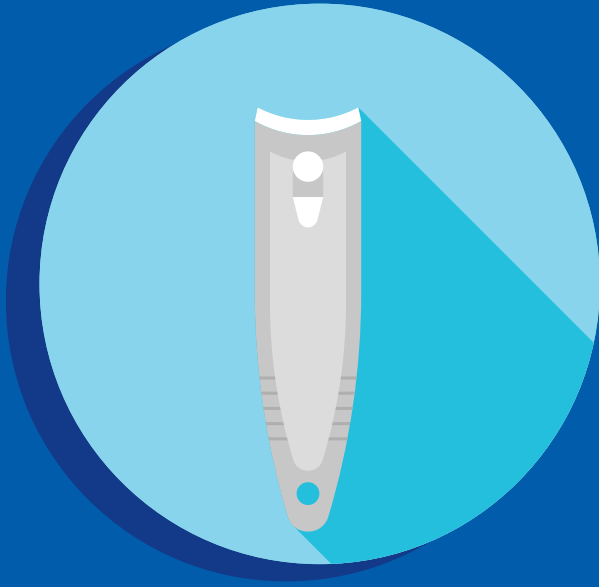
- Wash your entire body, from forehead to toes, with soap.
- Use a clean washcloth to put soap evenly over your body. Rinse with clean water.
- Shower daily or more often if you are exposed to chemicals or dirt.
- Wash under your arms and scrub your feet.
- Apply deodorant under your arms after you dry off.

4.

Take care of your hair.

Keeping your hair clean, whether it's long or short, helps you look well-groomed and healthy. Wash it daily if your hair is oily. If your hair is dry, wash it less often.

Wet your hair with a little shampoo in your palm. Work the shampoo into your hair. Gently massage your scalp. Rinse and apply a light conditioner.



5.

Don't forget your nails.

Use a nail clipper or a pair of nail scissors to trim your fingernails and toenails. Fingernails should be trimmed straight across and a little rounded at the top.

Having nicely trimmed nails can keep you from biting or picking at them, which can lead to infections. It's also a good idea to put lotion on your nails and cuticles often.

Because toenails don't grow nearly as fast as fingernails, they don't need to be trimmed as often. They should also be trimmed straight across.

6.

Schedule a checkup.

Checkups are a way to make sure you stay healthy. It's important to see your primary care provider (PCP) once a year, even if you don't feel sick. PCPs are the main health care professionals who take care of you.



Don't forget the dentist.

You should see the dentist twice a year for a checkup and cleaning.

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